

NEW YORK – STATE

Typical Household

Annual Expenses \$89,640

\$1,377

MONTHLY COST OF LIVING INCREASE*

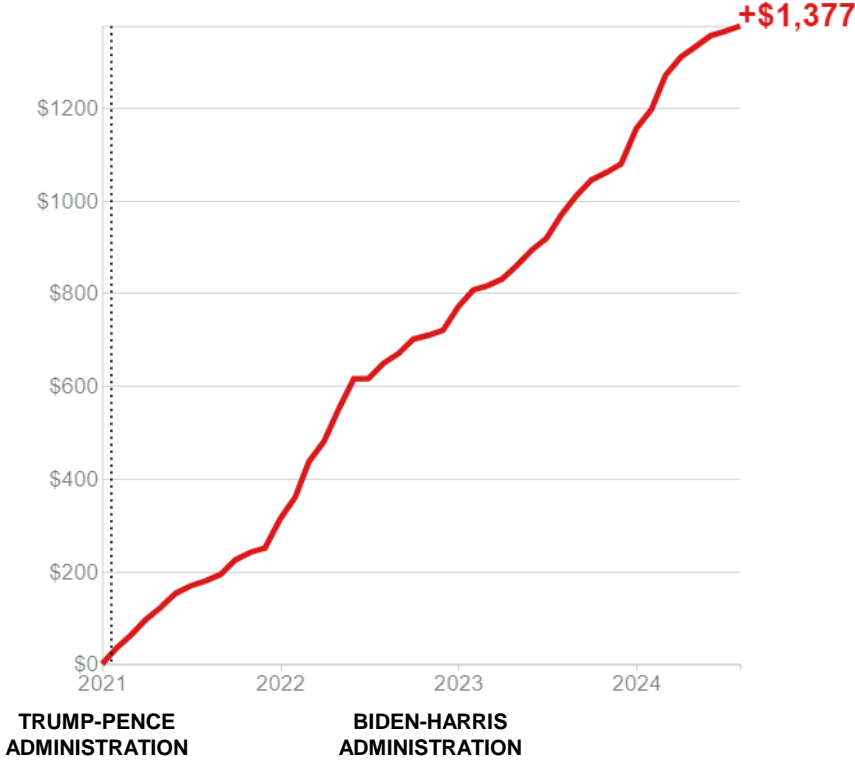
*Since January 2021

Increased Annual Expenses

- ↑ \$16,524 (22.6%) Total Expenses
- ↑ \$4,800 (18.5%) for Rent/Mortgage
- ↑ \$1,236 (19.3%) for Groceries
- ↑ \$648 (40.0%) for Gasoline

When the government spends more, you pay.

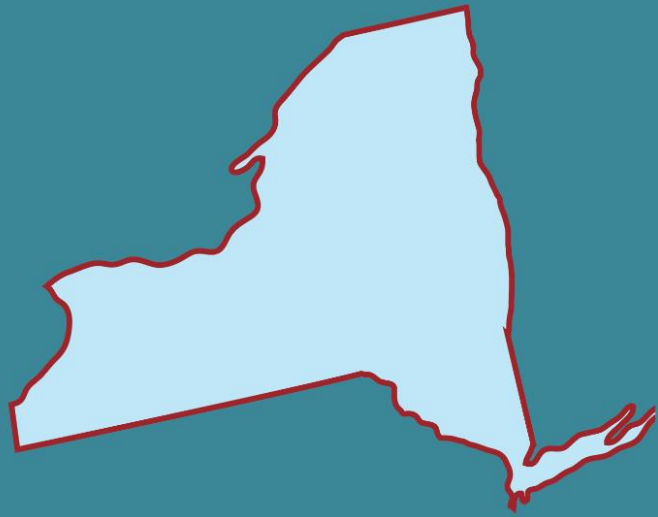
Change in My Monthly Expenses



Source: Bureau of Labor Statistics, Consumer Price Index
Find your personal rate at myinflation.com



Learn more at MyInflation.com



NEW YORK – DISTRICT 1

Typical Household

Annual Expenses
\$96,660

\$1,316

MONTHLY COST OF LIVING INCREASE*

*Since January 2021

Increased Annual Expenses

↑ \$15,792 (19.5%) Total Expenses

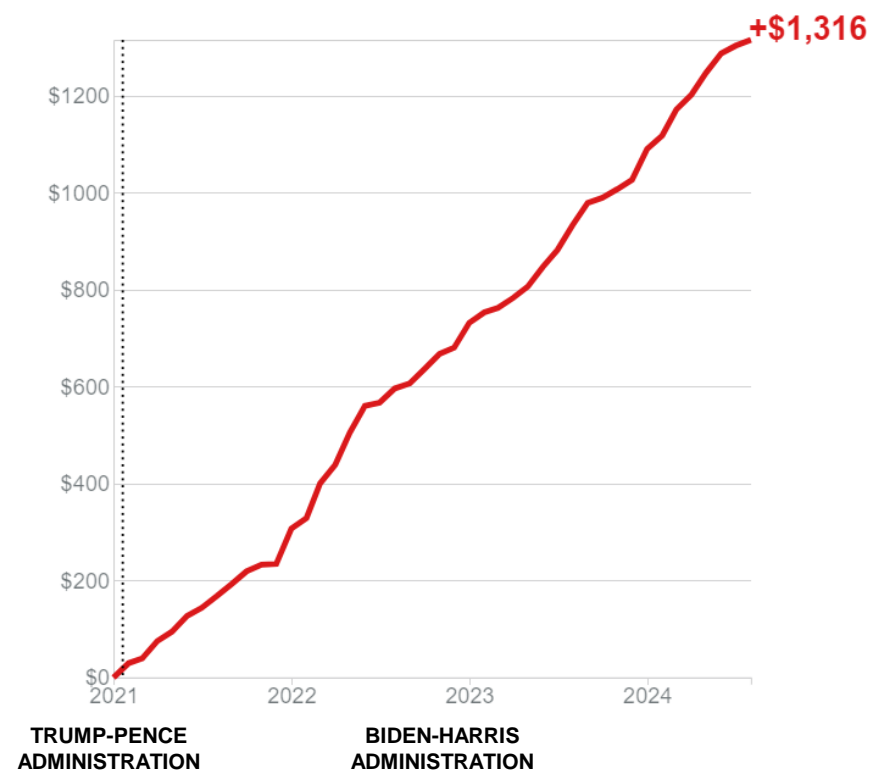
↑ \$4,860 (17.2%) for Rent/Mortgage

↑ \$1,248 (17.9%) for Groceries

↑ \$720 (41.4%) for Gasoline

When the government spends more, you pay.

Change in My Monthly Expenses



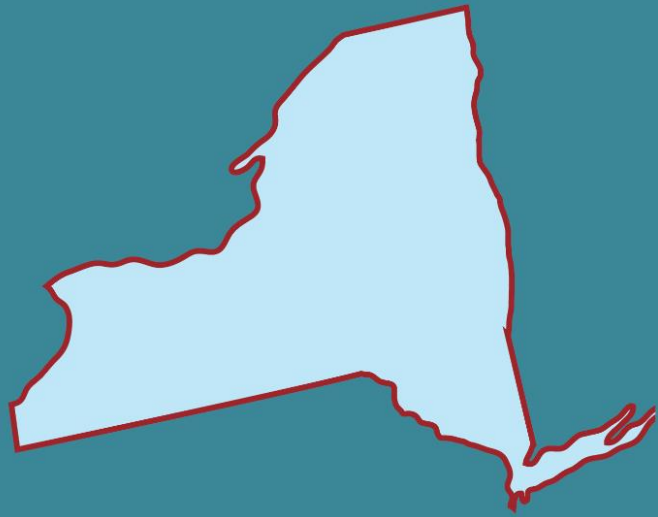
Source: Bureau of Labor Statistics, Consumer Price Index
Find your personal rate at myinflation.com

heritage.org



Learn more at
[MyInflation.com](https://myinflation.com)

heritage.org



NEW YORK – DISTRICT 2

Typical Household

Annual Expenses
\$95,760

\$1,302

MONTHLY COST OF LIVING INCREASE*

*Since January 2021

Increased Annual Expenses

↑ \$15,624 (19.5%) Total Expenses

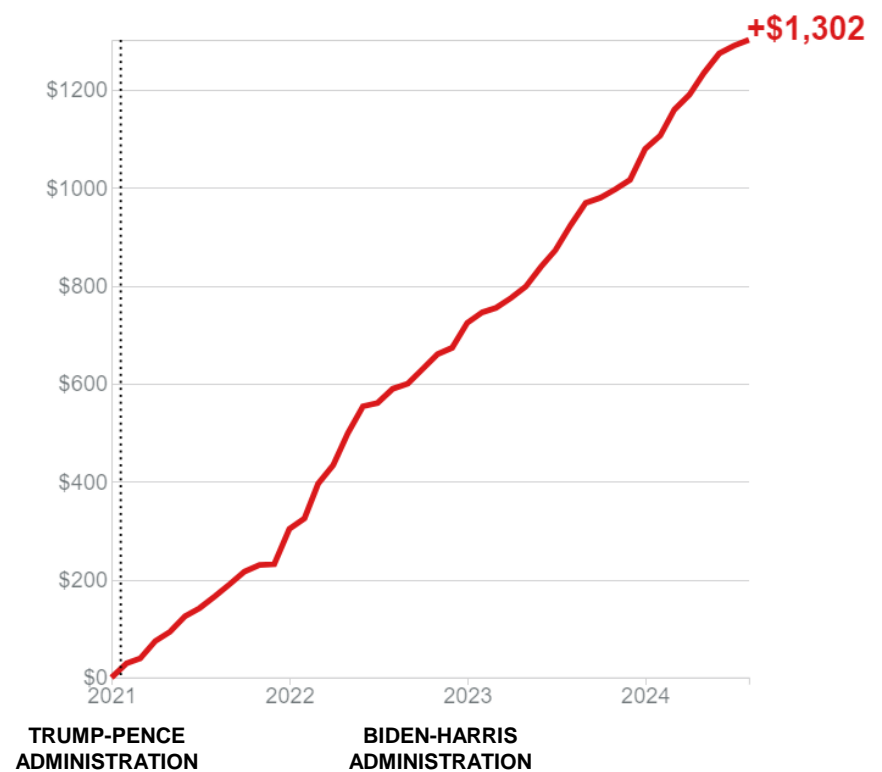
↑ \$4,812 (17.2%) for Rent/Mortgage

↑ \$1,236 (17.9%) for Groceries

↑ \$708 (41.4%) for Gasoline

When the government spends more, you pay.

Change in My Monthly Expenses



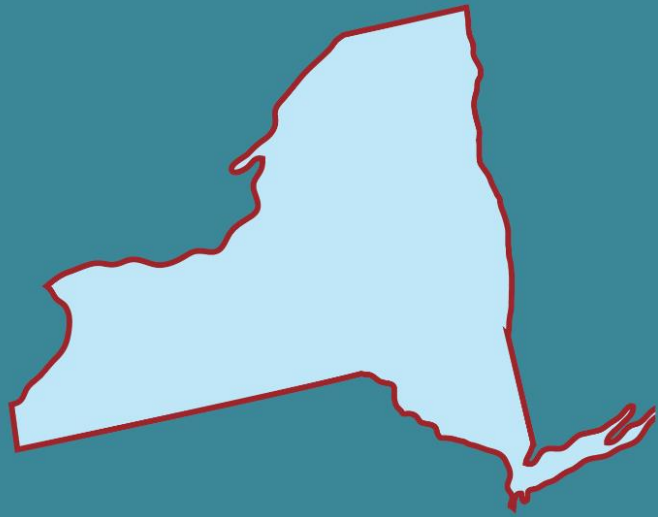
Source: Bureau of Labor Statistics, Consumer Price Index
Find your personal rate at myinflation.com

heritage.org



Learn more at
[MyInflation.com](https://myinflation.com)

heritage.org



NEW YORK – DISTRICT 3

Typical Household

Annual Expenses
\$95,820

\$1,303

MONTHLY COST OF LIVING INCREASE*

*Since January 2021

Increased Annual Expenses

↑ \$15,636 (19.5%) Total Expenses

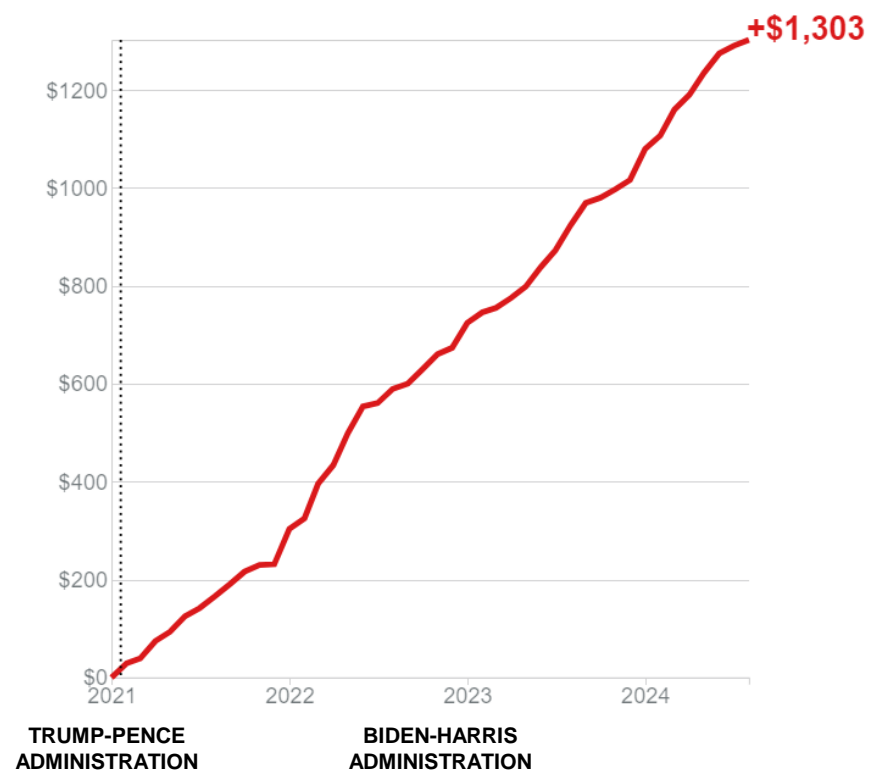
↑ \$4,824 (17.2%) for Rent/Mortgage

↑ \$1,236 (17.9%) for Groceries

↑ \$708 (41.4%) for Gasoline

When the government spends more, you pay.

Change in My Monthly Expenses



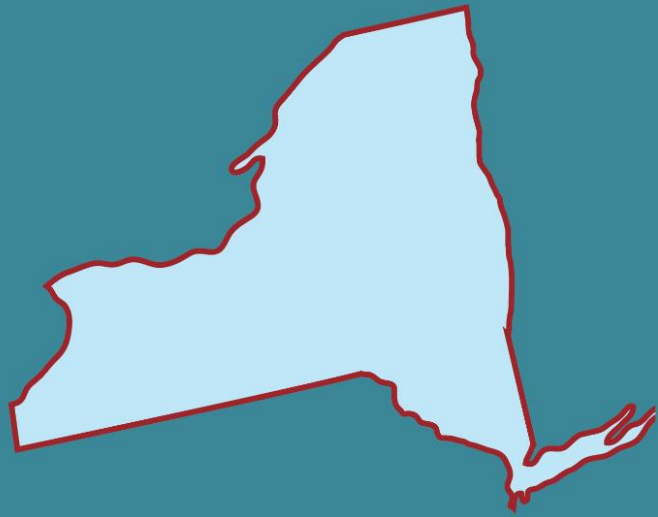
Source: Bureau of Labor Statistics, Consumer Price Index
Find your personal rate at myinflation.com

heritage.org



Learn more at
[MyInflation.com](https://myinflation.com)

heritage.org



NEW YORK – DISTRICT 4

Typical Household

Annual Expenses
\$95,820

\$1,316

MONTHLY COST OF LIVING INCREASE*

*Since January 2021

Increased Annual Expenses

↑ \$15,792 (19.5%) Total Expenses

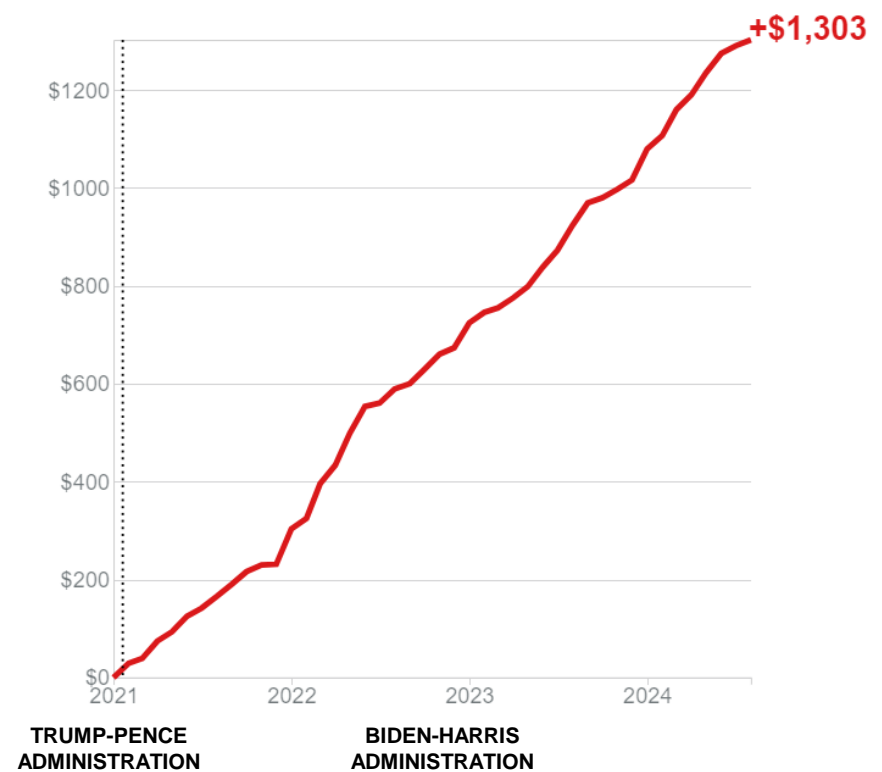
↑ \$4,860 (17.2%) for Rent/Mortgage

↑ \$1,248 (17.9%) for Groceries

↑ \$720 (41.4%) for Gasoline

When the government spends more, you pay.

Change in My Monthly Expenses



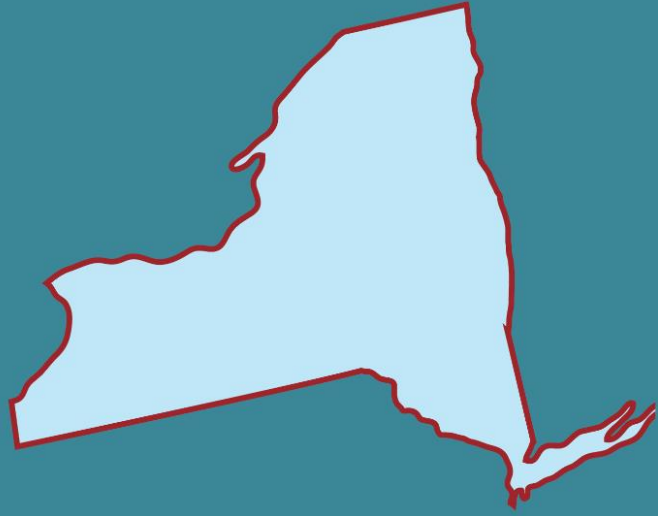
Source: Bureau of Labor Statistics, Consumer Price Index
Find your personal rate at myinflation.com

heritage.org



Learn more at
[MyInflation.com](https://myinflation.com)

heritage.org



NEW YORK – DISTRICT 5

Typical Household

Annual Expenses
\$90,720

\$1,234

MONTHLY COST OF LIVING INCREASE*

*Since January 2021

Increased Annual Expenses

↑ \$14,808 (19.5%) Total Expenses

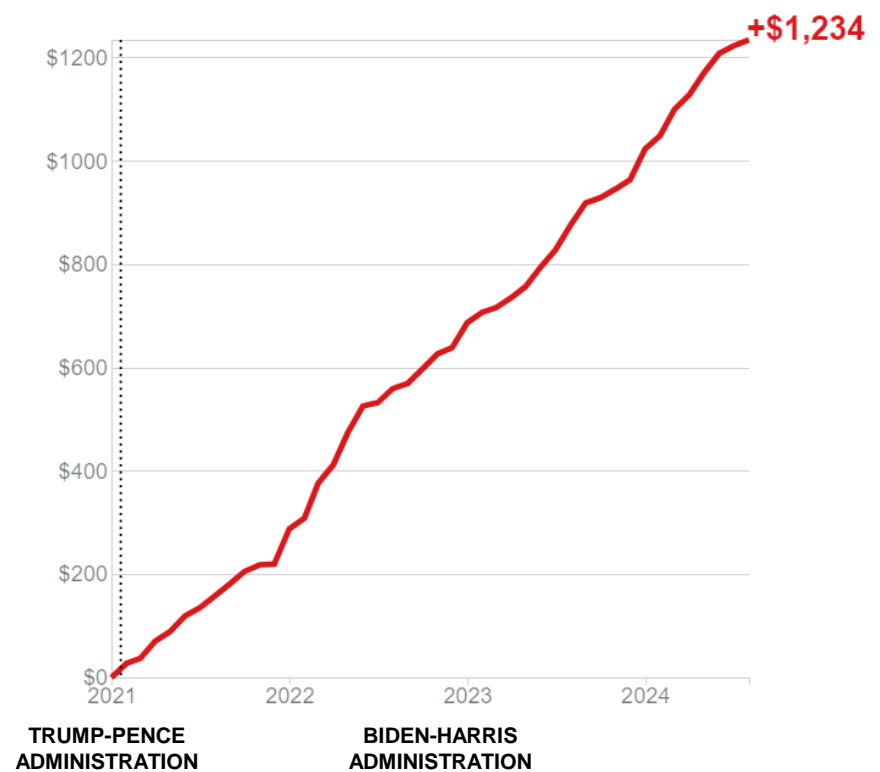
↑ \$4,560 (17.2%) for Rent/Mortgage

↑ \$1,164 (17.9%) for Groceries

↑ \$672 (41.4%) for Gasoline

When the government spends more, you pay.

Change in My Monthly Expenses



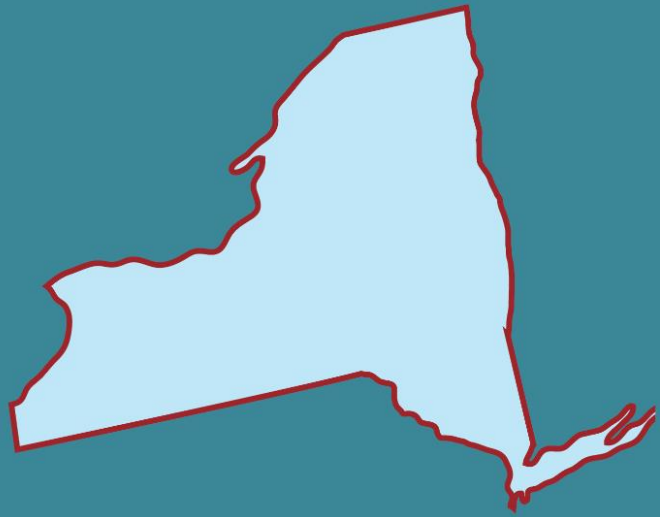
Source: Bureau of Labor Statistics, Consumer Price Index
Find your personal rate at myinflation.com

heritage.org



Learn more at
[MyInflation.com](https://myinflation.com)

heritage.org



NEW YORK – DISTRICT 6

Typical Household

Annual Expenses
\$89,580

\$1,217

MONTHLY COST OF LIVING INCREASE*

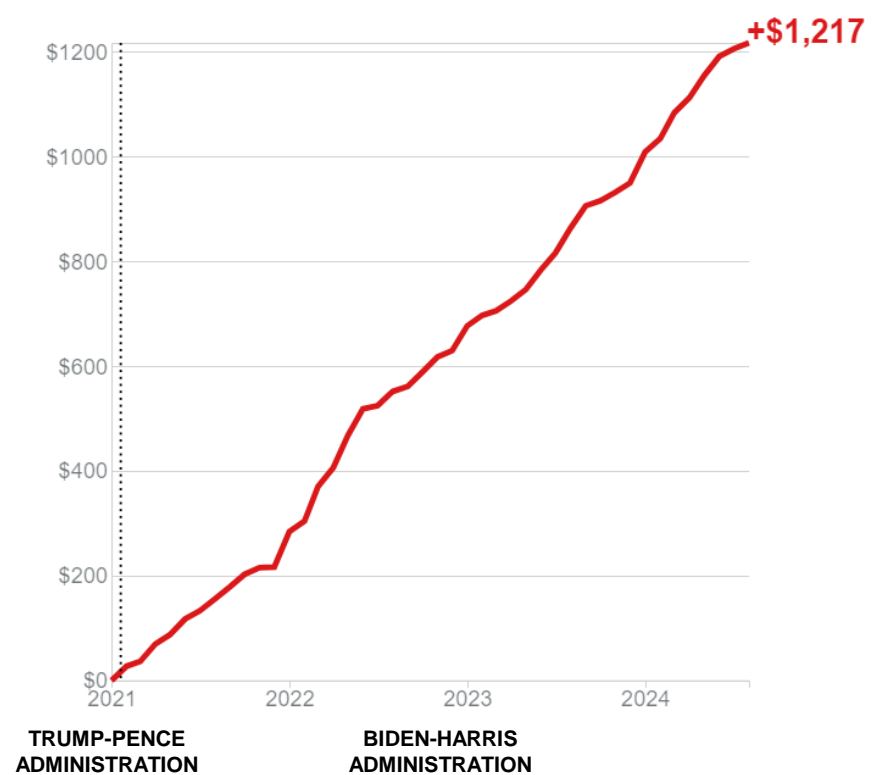
*Since January 2021

Increased Annual Expenses

- ↑ \$14,604 (19.5%) Total Expenses
- ↑ \$4,500 (17.2%) for Rent/Mortgage
- ↑ \$1,152 (17.9%) for Groceries
- ↑ \$672 (41.4%) for Gasoline

When the government spends more, you pay.

Change in My Monthly Expenses



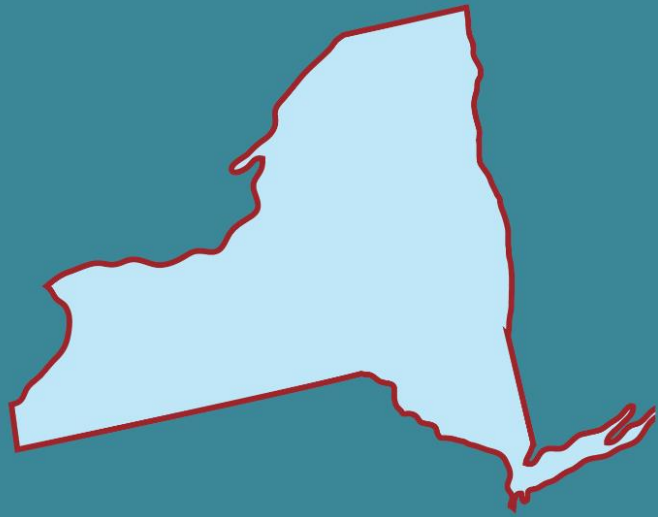
Source: Bureau of Labor Statistics, Consumer Price Index
Find your personal rate at myinflation.com

heritage.org



Learn more at
[MyInflation.com](https://myinflation.com)

heritage.org



NEW YORK – DISTRICT 7

Typical Household

Annual Expenses
\$95,640

\$1,300

MONTHLY COST OF LIVING INCREASE*

*Since January 2021

Increased Annual Expenses

↑ \$15,600 (19.5%) Total Expenses

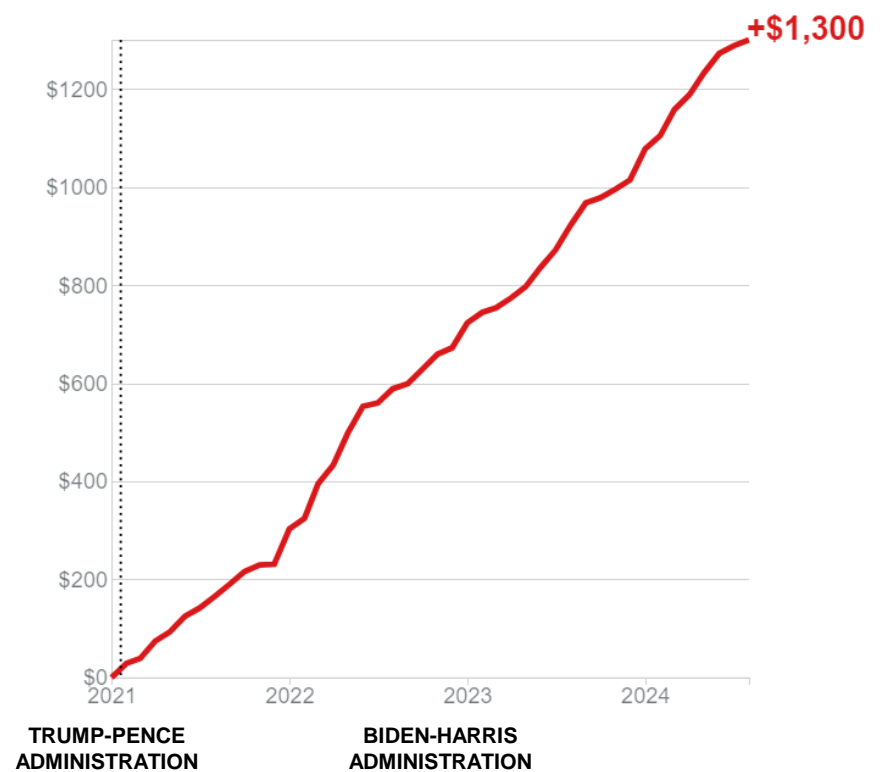
↑ \$4,800 (17.2%) for Rent/Mortgage

↑ \$1,236 (17.9%) for Groceries

↑ \$708 (41.4%) for Gasoline

When the government spends more, you pay.

Change in My Monthly Expenses



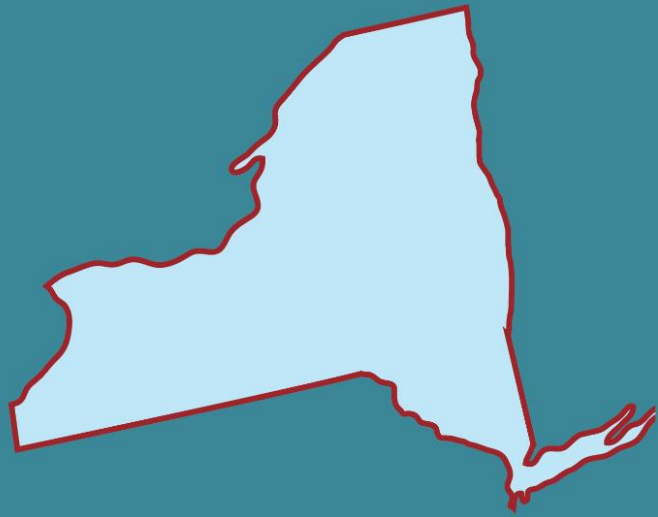
Source: Bureau of Labor Statistics, Consumer Price Index
Find your personal rate at myinflation.com

heritage.org



Learn more at
[MyInflation.com](https://myinflation.com)

heritage.org



NEW YORK – DISTRICT 8

Typical Household

Annual Expenses
\$84,360

\$1,148

MONTHLY COST OF LIVING INCREASE*

*Since January 2021

Increased Annual Expenses

↑ \$13,776 (19.5%) Total Expenses

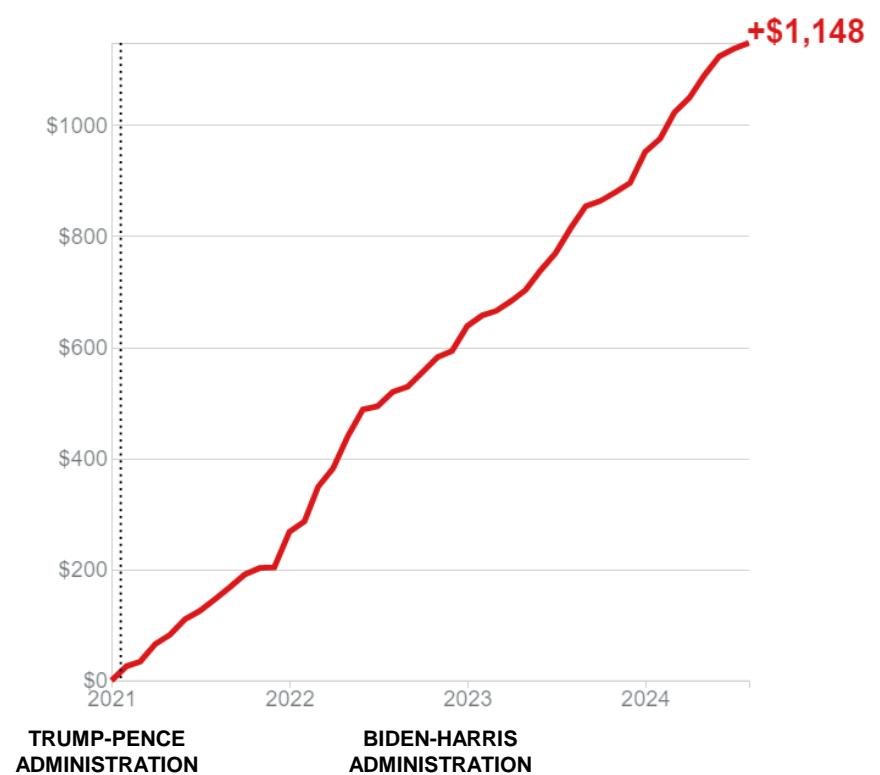
↑ \$4,236 (17.2%) for Rent/Mortgage

↑ \$1,080 (17.9%) for Groceries

↑ \$612 (41.4%) for Gasoline

When the government spends more, you pay.

Change in My Monthly Expenses



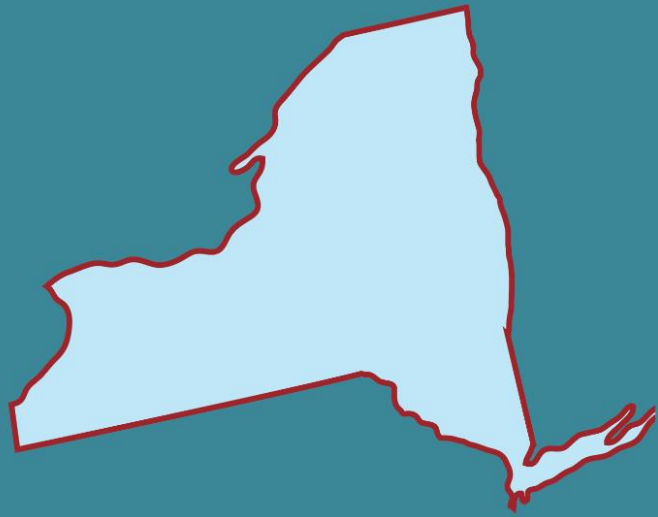
Source: Bureau of Labor Statistics, Consumer Price Index
Find your personal rate at myinflation.com

heritage.org



Learn more at
[MyInflation.com](https://myinflation.com)

heritage.org



NEW YORK – DISTRICT 9

Typical Household

Annual Expenses \$88,980

\$1,209

MONTHLY COST OF LIVING INCREASE*

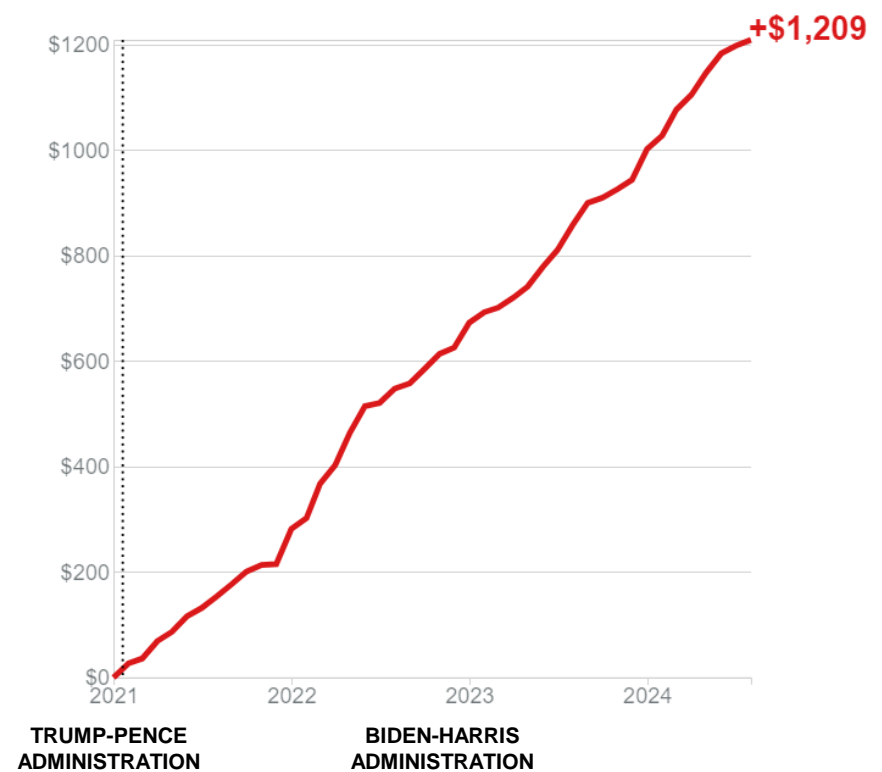
*Since January 2021

Increased Annual Expenses

- ↑ \$14,508 (19.5%) Total Expenses
- ↑ \$4,476 (17.2%) for Rent/Mortgage
- ↑ \$1,152 (17.9%) for Groceries
- ↑ \$648 (41.4%) for Gasoline

When the government spends more, you pay.

Change in My Monthly Expenses



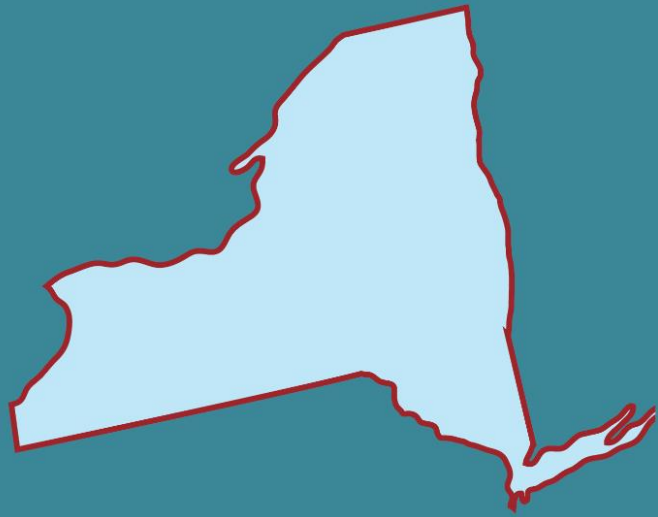
Source: Bureau of Labor Statistics, Consumer Price Index
Find your personal rate at myinflation.com

heritage.org



Learn more at [MyInflation.com](https://myinflation.com)

heritage.org



NEW YORK – DISTRICT 10

Typical Household

Annual Expenses
\$93,900

\$1,276

MONTHLY COST OF LIVING INCREASE*

*Since January 2021

Increased Annual Expenses

↑ \$15,312 (19.5%) Total Expenses

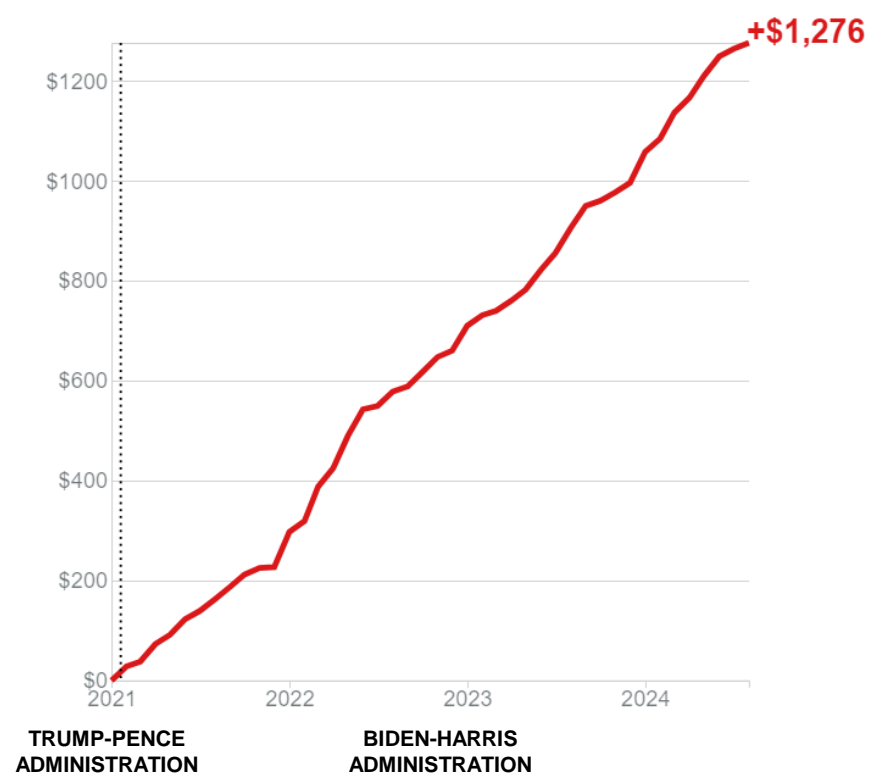
↑ \$4,728 (17.2%) for Rent/Mortgage

↑ \$1,212 (17.9%) for Groceries

↑ \$684 (41.4%) for Gasoline

When the government spends more, you pay.

Change in My Monthly Expenses



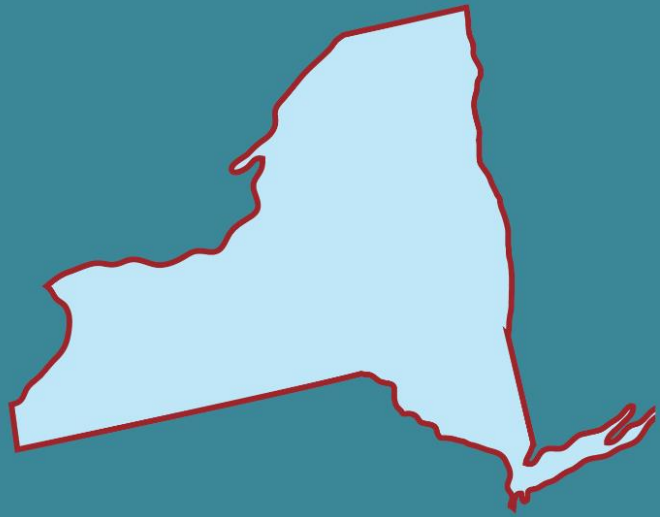
Source: Bureau of Labor Statistics, Consumer Price Index
Find your personal rate at myinflation.com

heritage.org



Learn more at
[MyInflation.com](https://myinflation.com)

heritage.org



NEW YORK – DISTRICT 11

Typical Household

Annual Expenses
\$92,400

\$1,255

MONTHLY COST OF LIVING INCREASE*

*Since January 2021

Increased Annual Expenses

↑ \$15,060 (19.5%) Total Expenses

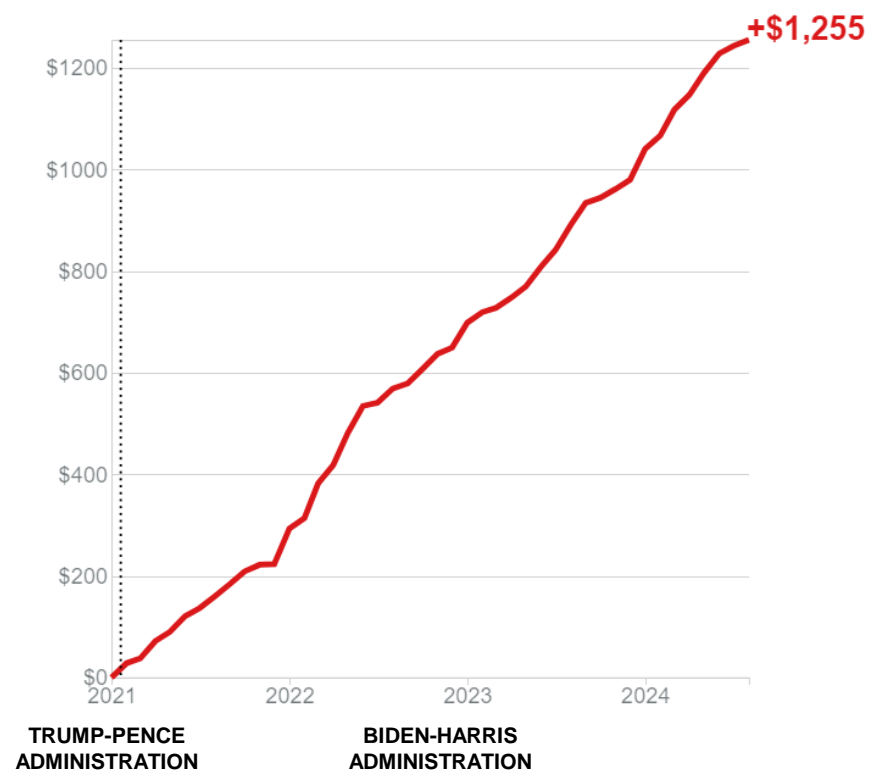
↑ \$4,656 (17.2%) for Rent/Mortgage

↑ \$1,188 (17.9%) for Groceries

↑ \$684 (41.4%) for Gasoline

When the government spends more, you pay.

Change in My Monthly Expenses



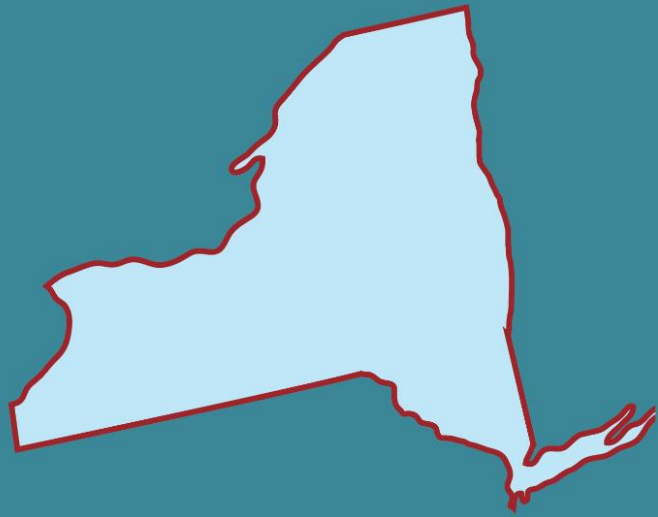
Source: Bureau of Labor Statistics, Consumer Price Index
Find your personal rate at myinflation.com

heritage.org



Learn more at
[MyInflation.com](https://myinflation.com)

heritage.org



NEW YORK – DISTRICT 12

Typical Household

Annual Expenses \$87,300

\$1,186

MONTHLY COST OF LIVING INCREASE*

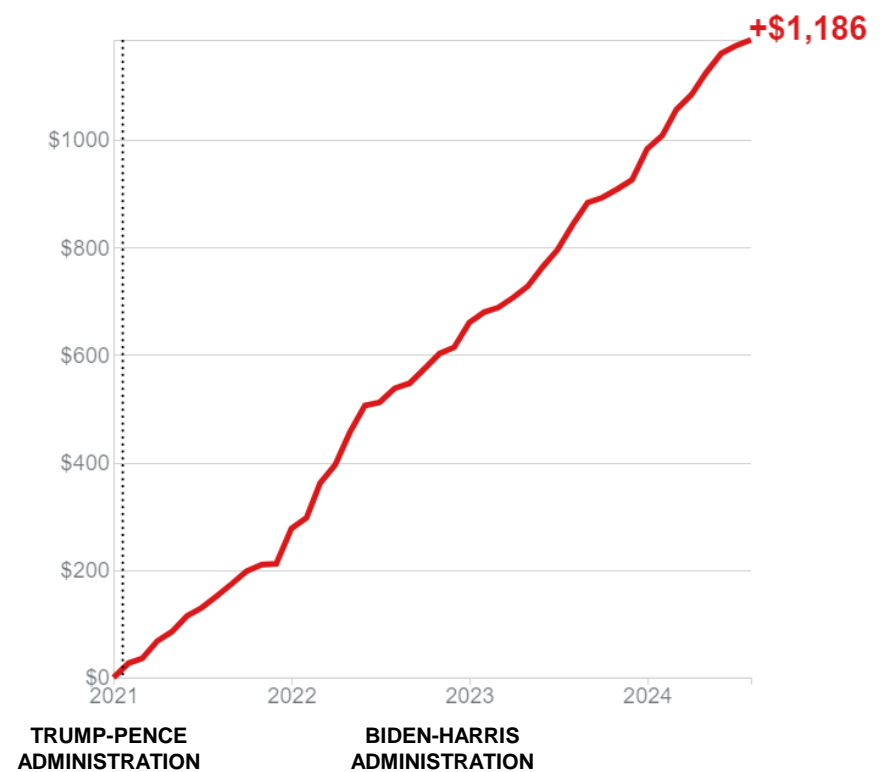
*Since January 2021

Increased Annual Expenses

- ↑ \$14,232 (19.5%) Total Expenses
- ↑ \$4,380 (17.2%) for Rent/Mortgage
- ↑ \$1,116 (17.9%) for Groceries
- ↑ \$648 (41.4%) for Gasoline

When the government spends more, you pay.

Change in My Monthly Expenses



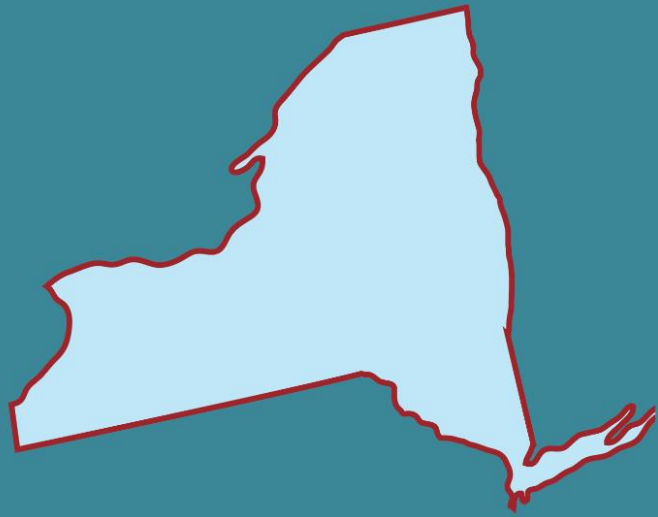
Source: Bureau of Labor Statistics, Consumer Price Index
Find your personal rate at myinflation.com

heritage.org



Learn more at [MyInflation.com](https://myinflation.com)

heritage.org



NEW YORK – DISTRICT 13

Typical Household

Annual Expenses \$82,800

\$1,124

MONTHLY COST OF LIVING INCREASE*

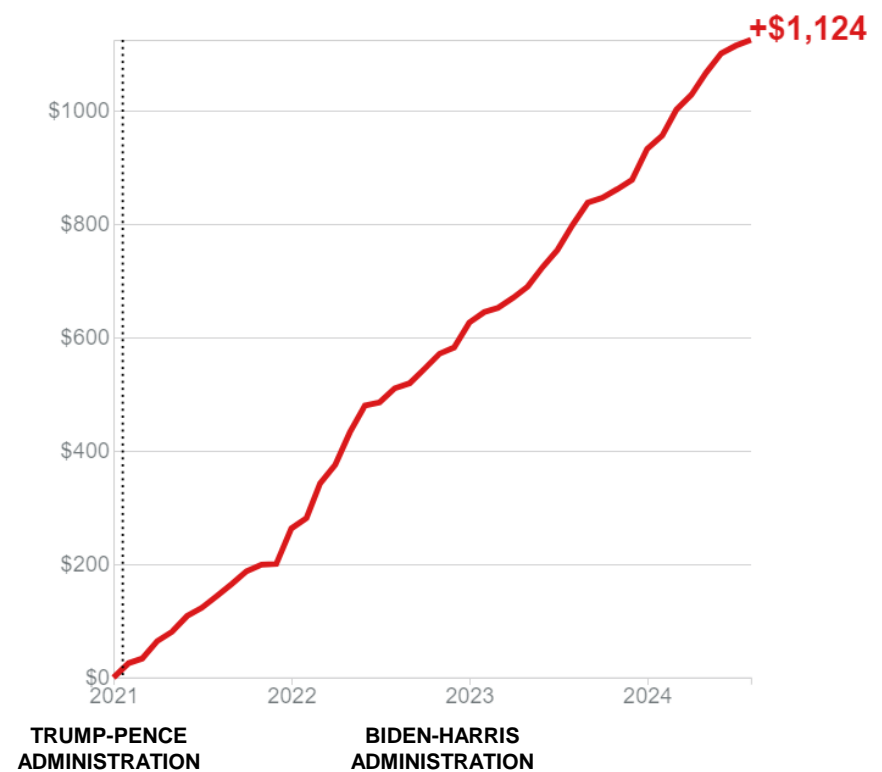
*Since January 2021

Increased Annual Expenses

- ↑ \$13,488 (19.5%) Total Expenses
- ↑ \$4,164 (17.2%) for Rent/Mortgage
- ↑ \$1,068 (17.9%) for Groceries
- ↑ \$612 (41.4%) for Gasoline

When the government spends more, you pay.

Change in My Monthly Expenses



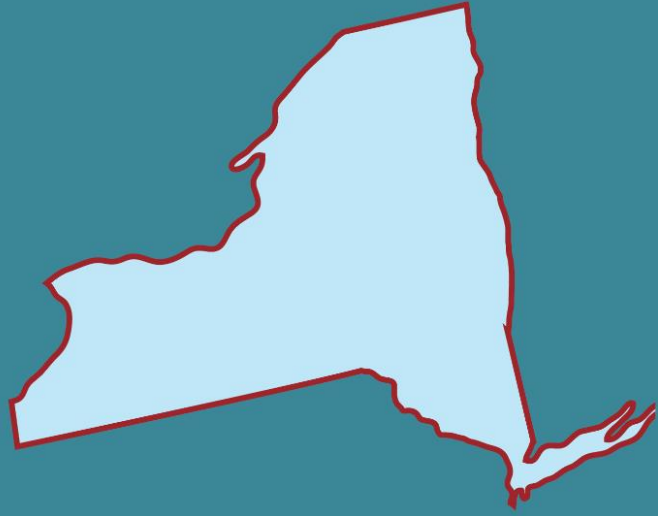
Source: Bureau of Labor Statistics, Consumer Price Index
Find your personal rate at myinflation.com

heritage.org



Learn more at MyInflation.com

heritage.org



NEW YORK – DISTRICT 14

Typical Household

Annual Expenses
\$86,220

\$1,172

MONTHLY COST OF LIVING INCREASE*

*Since January 2021

Increased Annual Expenses

↑ \$14,064 (19.5%) Total Expenses

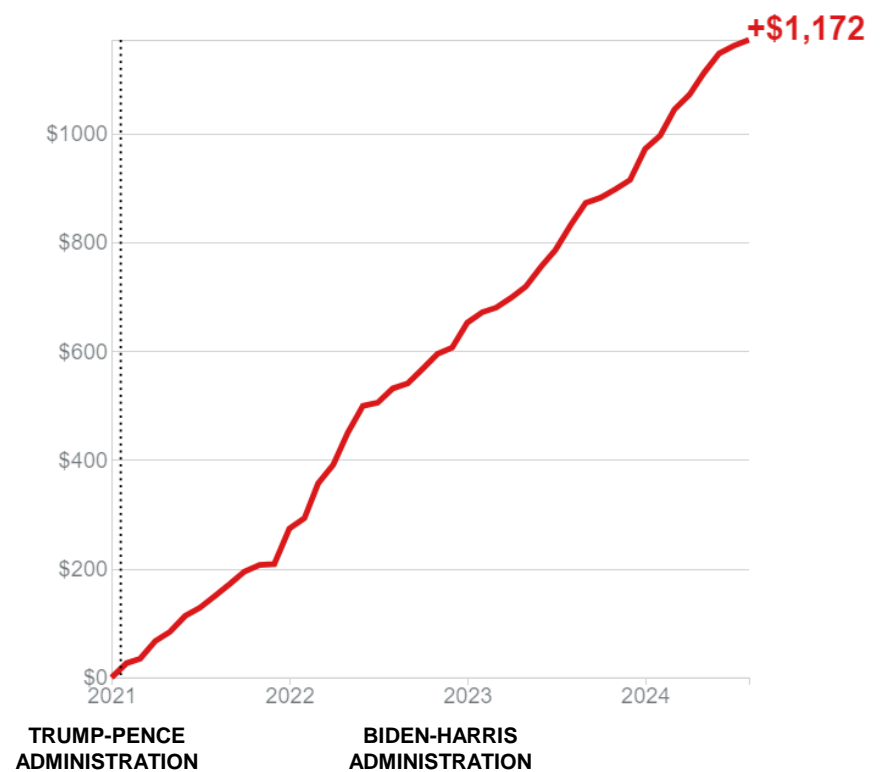
↑ \$4,332 (17.2%) for Rent/Mortgage

↑ \$1,116 (17.9%) for Groceries

↑ \$636 (41.4%) for Gasoline

When the government spends more, you pay.

Change in My Monthly Expenses



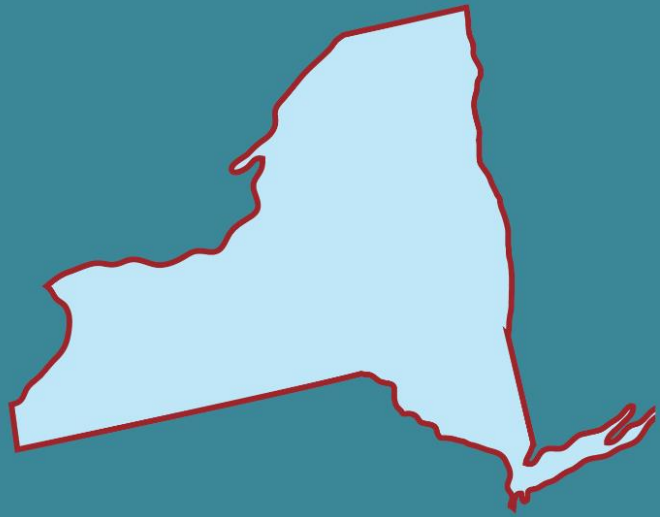
Source: Bureau of Labor Statistics, Consumer Price Index
Find your personal rate at myinflation.com

heritage.org



Learn more at
[MyInflation.com](https://myinflation.com)

heritage.org



NEW YORK – DISTRICT 15

Typical Household

Annual Expenses \$74,220

\$1,010

MONTHLY COST OF LIVING INCREASE*

*Since January 2021

Increased Annual Expenses

↑ \$12,120 (19.5%) Total Expenses

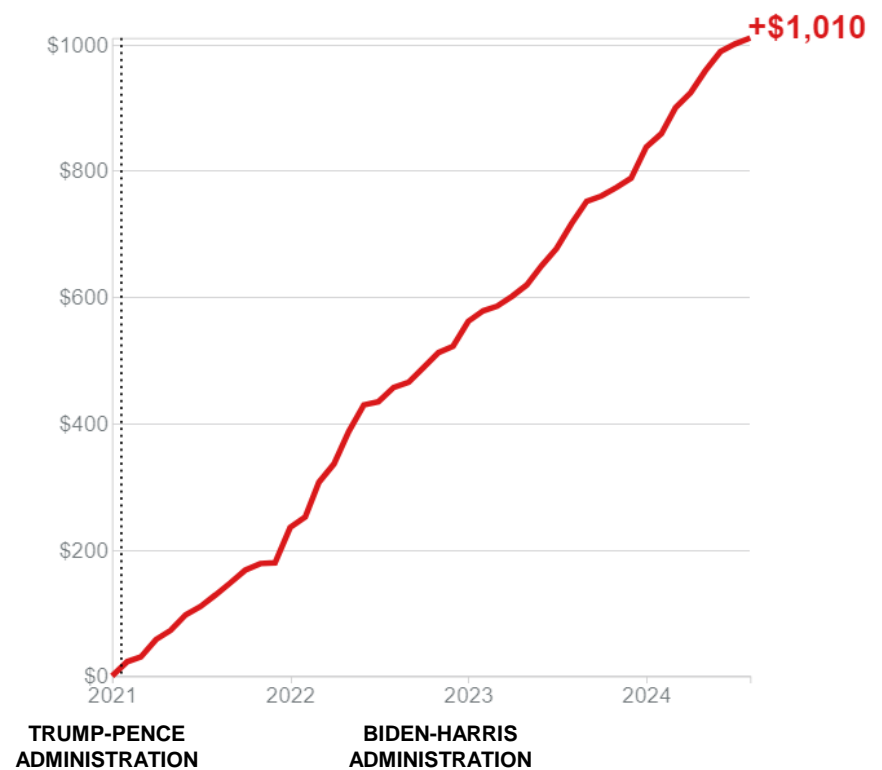
↑ \$3,732 (17.2%) for Rent/Mortgage

↑ \$960 (17.9%) for Groceries

↑ \$540 (41.4%) for Gasoline

When the government spends more, you pay.

Change in My Monthly Expenses



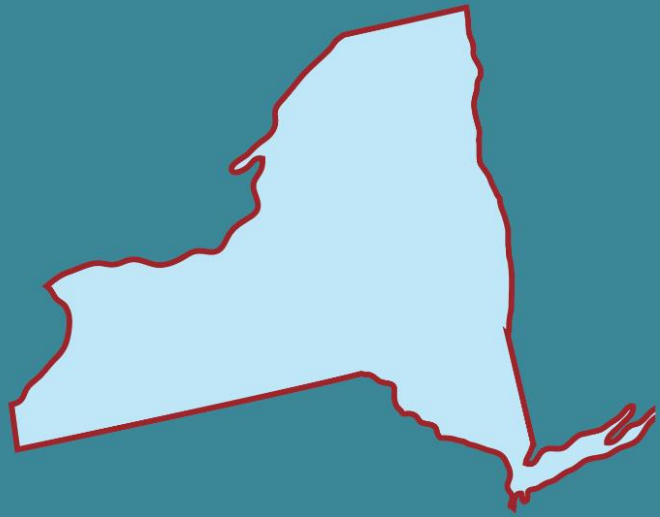
Source: Bureau of Labor Statistics, Consumer Price Index
Find your personal rate at myinflation.com

heritage.org



Learn more at MyInflation.com

heritage.org



NEW YORK – DISTRICT 16

Typical Household

Annual Expenses \$96,660

\$1,316

MONTHLY COST OF LIVING INCREASE*

*Since January 2021

Increased Annual Expenses

↑ \$15,792 (19.5%) Total Expenses

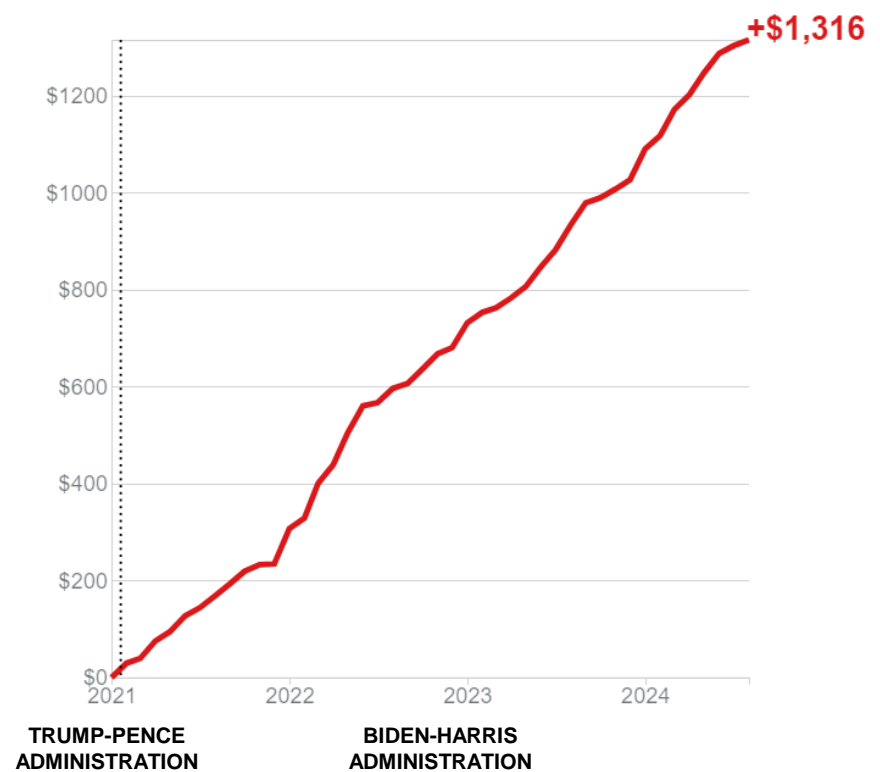
↑ \$4,860 (17.2%) for Rent/Mortgage

↑ \$1,248 (17.9%) for Groceries

↑ \$720 (41.4%) for Gasoline

When the government spends more, you pay.

Change in My Monthly Expenses



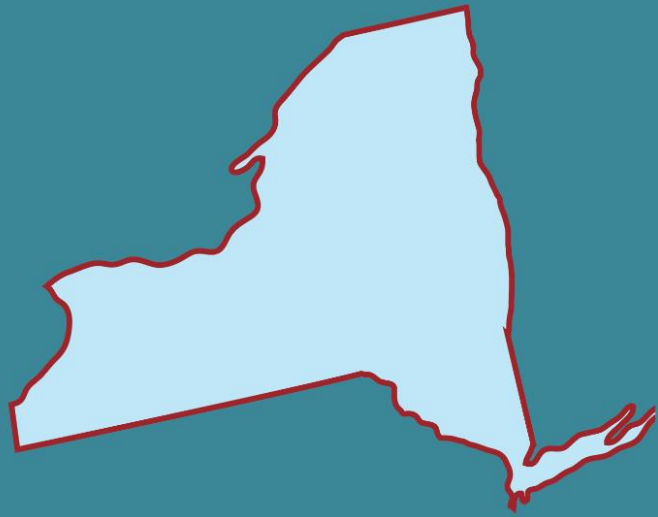
Source: Bureau of Labor Statistics, Consumer Price Index
Find your personal rate at myinflation.com

heritage.org



Learn more at MyInflation.com

heritage.org



NEW YORK – DISTRICT 17

Typical Household

Annual Expenses \$96,660

\$1,486

MONTHLY COST OF LIVING INCREASE*

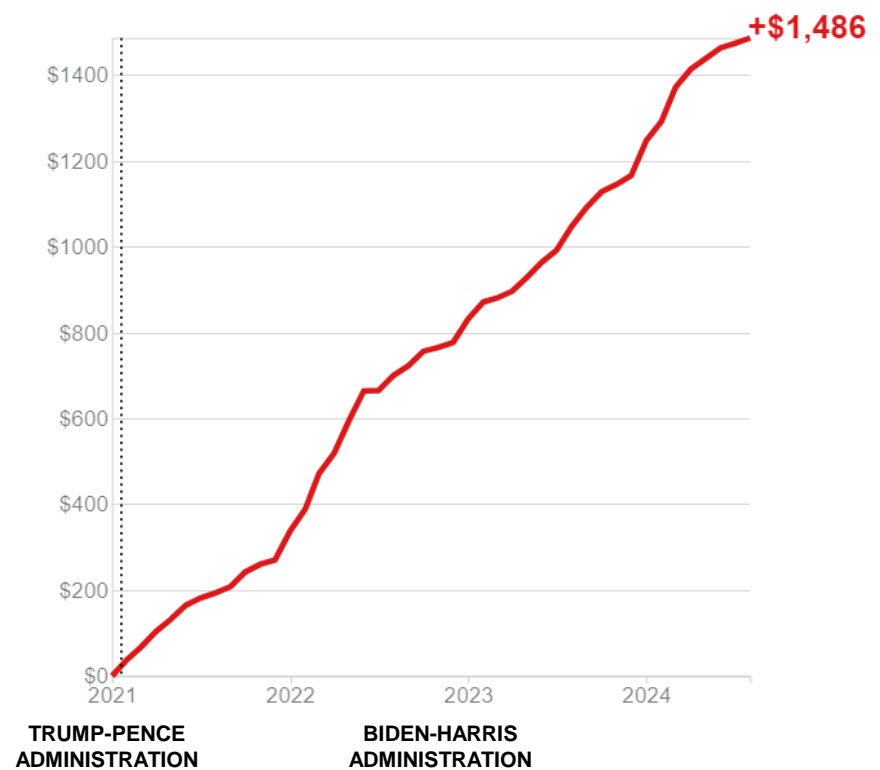
*Since January 2021

Increased Annual Expenses

- ↑ \$17,832 (22.6%) Total Expenses
- ↑ \$5,172 (18.5%) for Rent/Mortgage
- ↑ \$1,332 (19.3%) for Groceries
- ↑ \$708 (40.0%) for Gasoline

When the government spends more, you pay.

Change in My Monthly Expenses



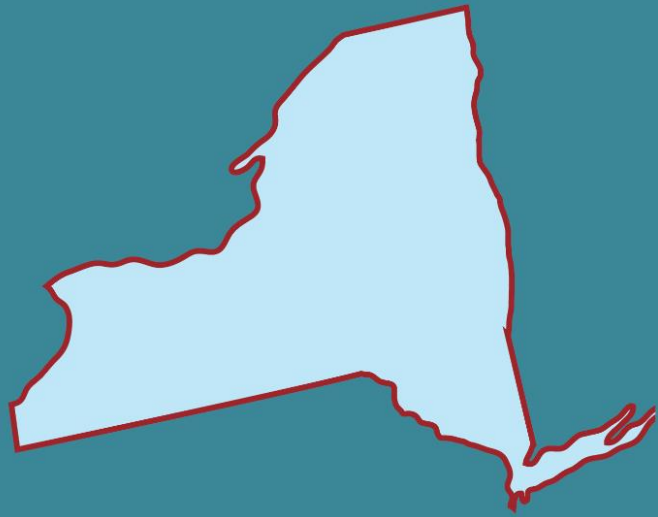
Source: Bureau of Labor Statistics, Consumer Price Index
Find your personal rate at myinflation.com

heritage.org



Learn more at [MyInflation.com](https://myinflation.com)

heritage.org



NEW YORK – DISTRICT 18

Typical Household

Annual Expenses
\$93,540

\$1,436

MONTHLY COST OF LIVING INCREASE*

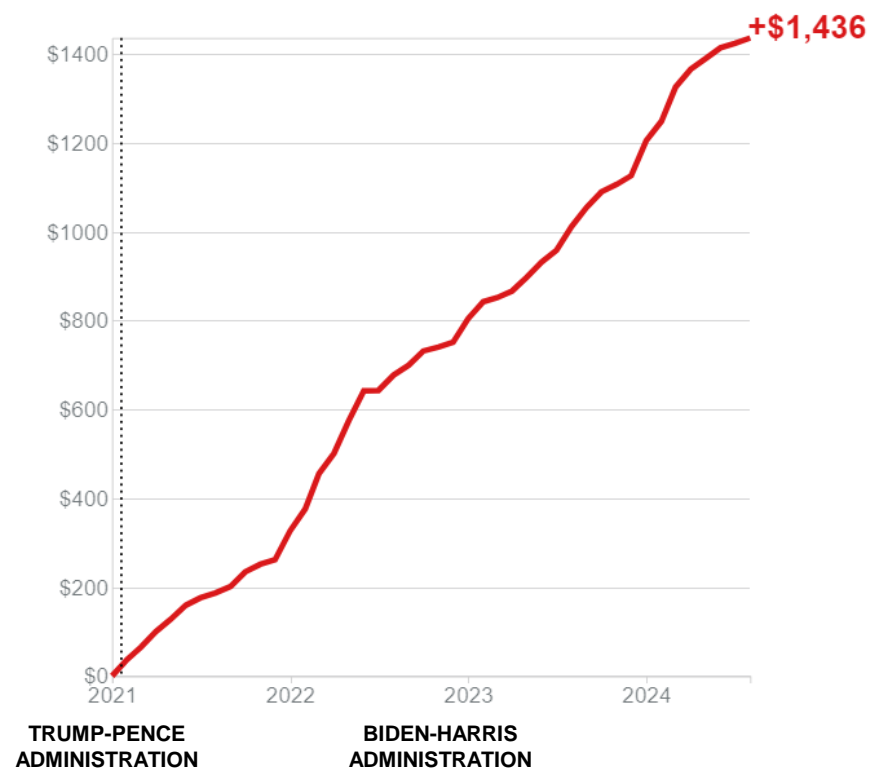
*Since January 2021

Increased Annual Expenses

- ↑ \$17,232 (22.6%) Total Expenses
- ↑ \$5,004 (18.5%) for Rent/Mortgage
- ↑ \$1,284 (19.3%) for Groceries
- ↑ \$672 (40.0%) for Gasoline

When the government spends more, you pay.

Change in My Monthly Expenses



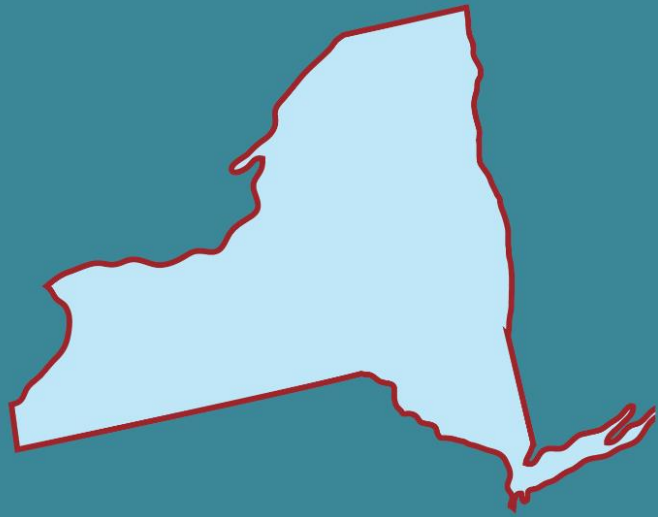
Source: Bureau of Labor Statistics, Consumer Price Index
Find your personal rate at myinflation.com

heritage.org



Learn more at
[MyInflation.com](https://myinflation.com)

heritage.org



NEW YORK – DISTRICT 19

Typical Household

Annual Expenses \$87,420

\$1,342

MONTHLY COST OF LIVING INCREASE*

*Since January 2021

Increased Annual Expenses

↑ \$16,104 (22.6%) Total Expenses

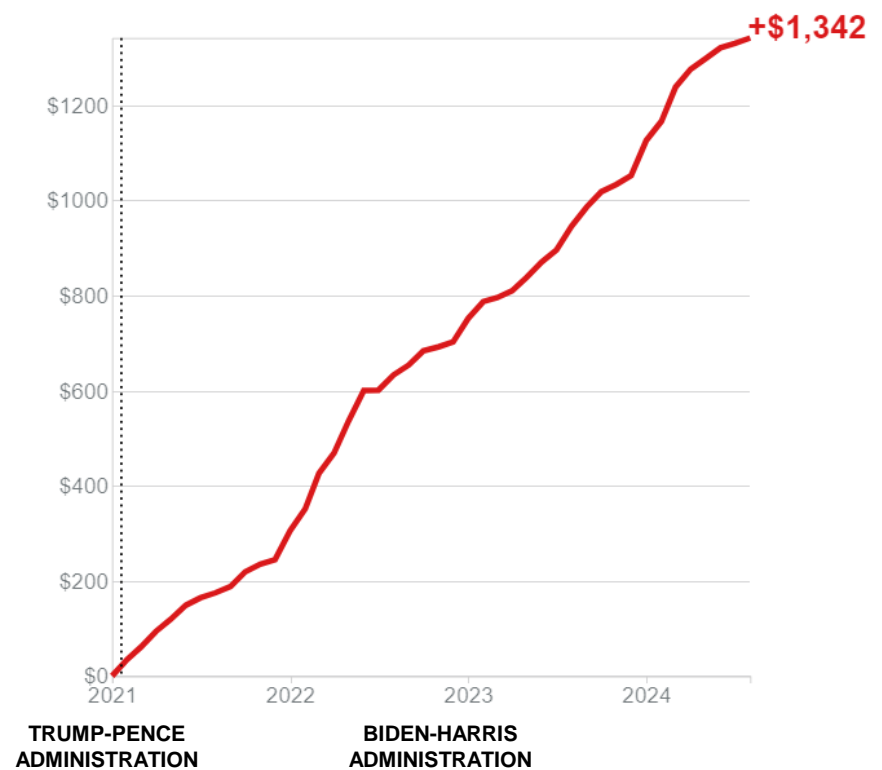
↑ \$4,680 (18.5%) for Rent/Mortgage

↑ \$1,200 (19.3%) for Groceries

↑ \$636 (40.0%) for Gasoline

When the government spends more, you pay.

Change in My Monthly Expenses



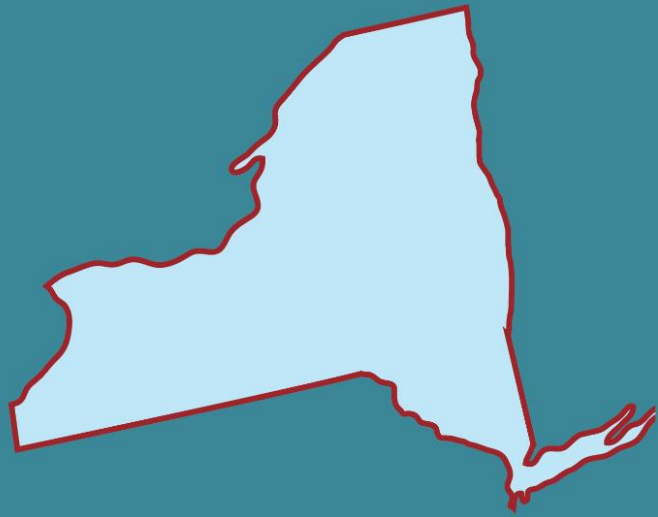
Source: Bureau of Labor Statistics, Consumer Price Index
Find your personal rate at myinflation.com

heritage.org



Learn more at MyInflation.com

heritage.org



NEW YORK – DISTRICT 20

Typical Household

Annual Expenses
\$90,600

\$1,393

MONTHLY COST OF LIVING INCREASE*

*Since January 2021

Increased Annual Expenses

↑ \$16,716 (22.6%) Total Expenses

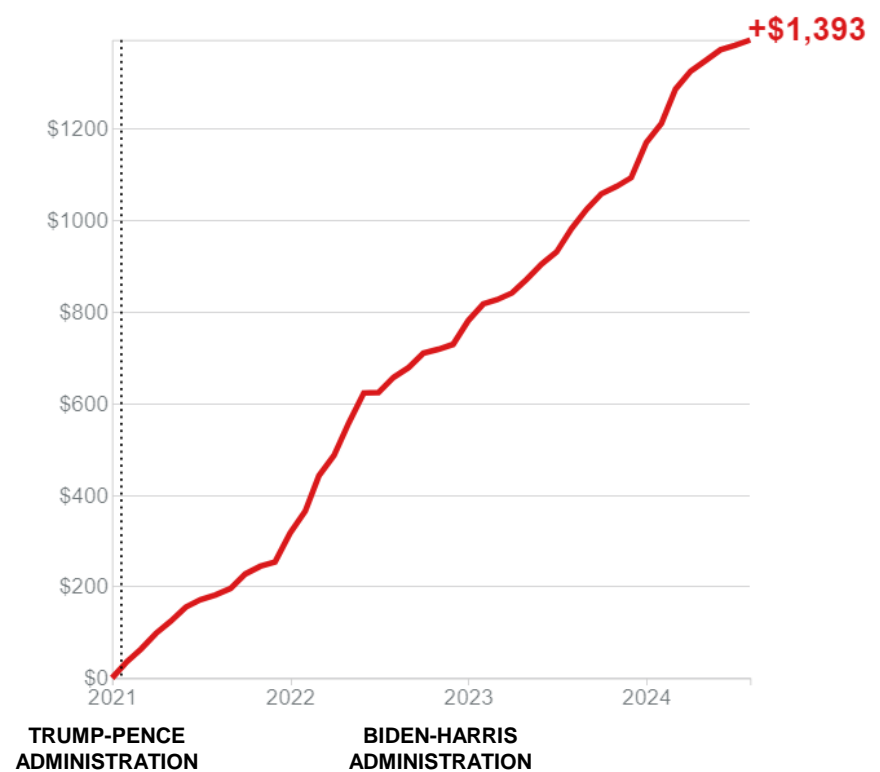
↑ \$4,848 (18.5%) for Rent/Mortgage

↑ \$1,236 (19.3%) for Groceries

↑ \$648 (40.0%) for Gasoline

When the government spends more, you pay.

Change in My Monthly Expenses



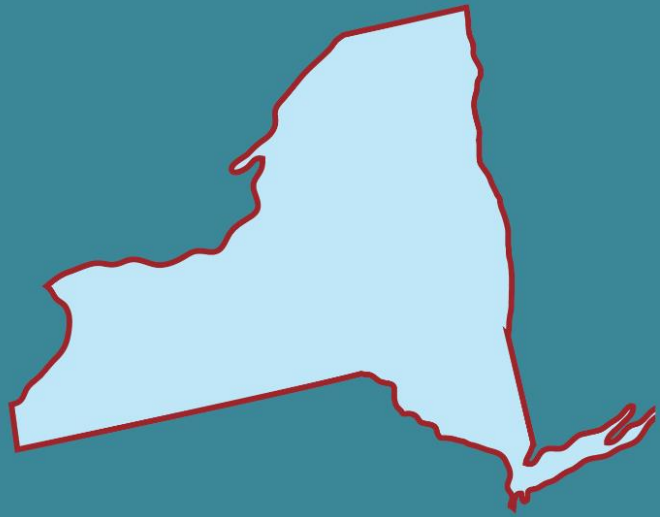
Source: Bureau of Labor Statistics, Consumer Price Index
Find your personal rate at myinflation.com

heritage.org



Learn more at
[MyInflation.com](https://myinflation.com)

heritage.org



NEW YORK – DISTRICT 21

Typical Household

Annual Expenses
\$84,660

\$1,301

MONTHLY COST OF LIVING INCREASE*

*Since January 2021

Increased Annual Expenses

↑ \$15,612 (22.6%) Total Expenses

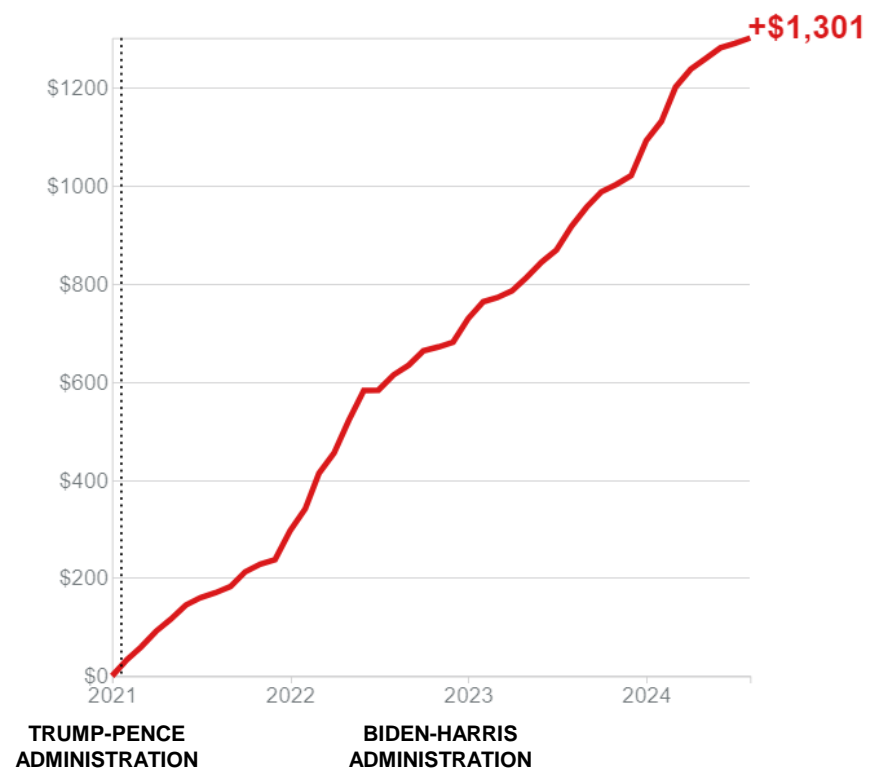
↑ \$4,524 (18.5%) for Rent/Mortgage

↑ \$1,164 (19.3%) for Groceries

↑ \$612 (40.0%) for Gasoline

When the government spends more, you pay.

Change in My Monthly Expenses



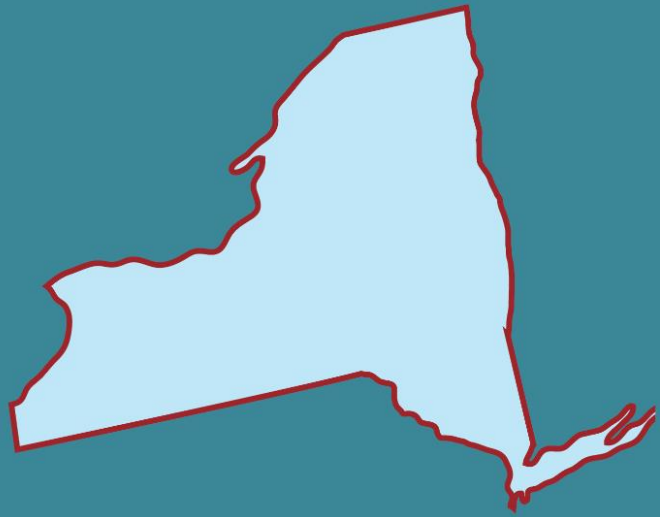
Source: Bureau of Labor Statistics, Consumer Price Index
Find your personal rate at myinflation.com

heritage.org



Learn more at
[MyInflation.com](https://myinflation.com)

heritage.org



NEW YORK – DISTRICT 22

Typical Household

Annual Expenses \$87,180

\$1,340

MONTHLY COST OF LIVING INCREASE*

*Since January 2021

Increased Annual Expenses

↑ \$16,080 (22.6%) Total Expenses

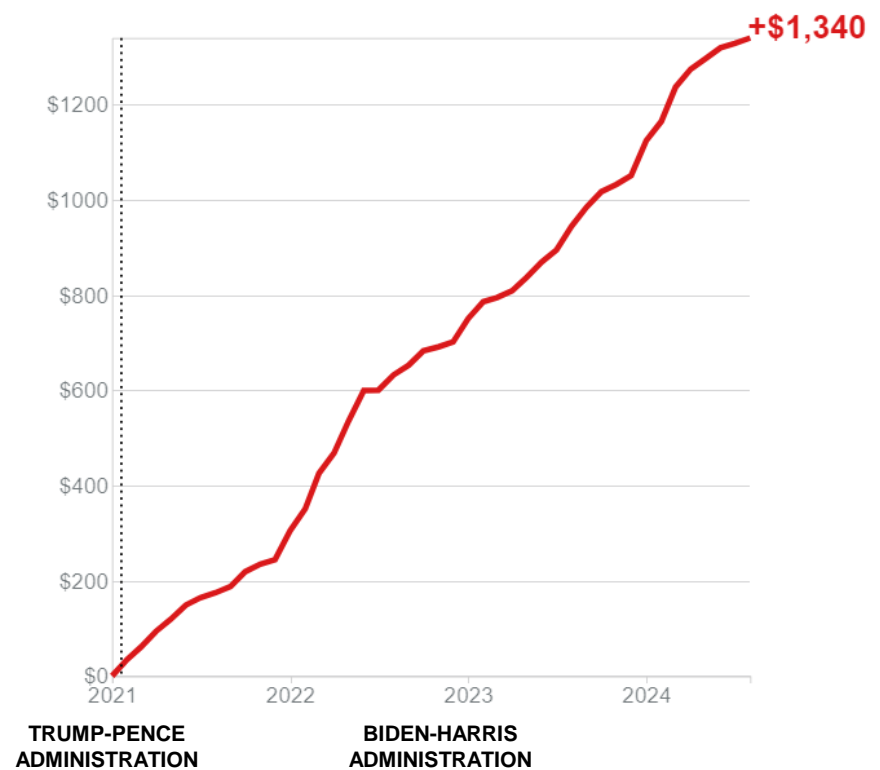
↑ \$4,656 (18.5%) for Rent/Mortgage

↑ \$1,188 (19.3%) for Groceries

↑ \$636 (40.0%) for Gasoline

When the government spends more, you pay.

Change in My Monthly Expenses



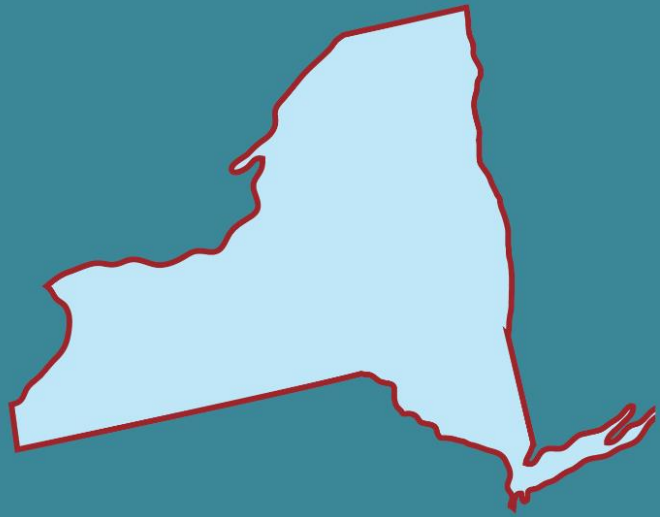
Source: Bureau of Labor Statistics, Consumer Price Index
Find your personal rate at myinflation.com

heritage.org



Learn more at MyInflation.com

heritage.org



NEW YORK – DISTRICT 23

Typical Household

Annual Expenses \$85,740

\$1,317

MONTHLY COST OF LIVING INCREASE*

*Since January 2021

Increased Annual Expenses

↑ \$15,804 (22.6%) Total Expenses

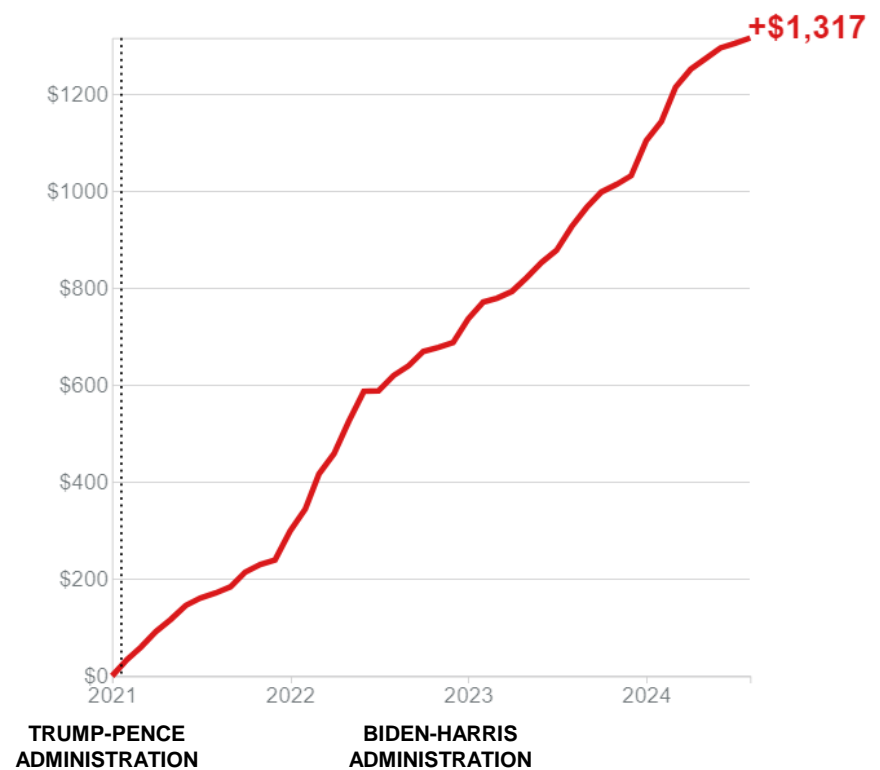
↑ \$4,596 (18.5%) for Rent/Mortgage

↑ \$1,176 (19.3%) for Groceries

↑ \$612 (40.0%) for Gasoline

When the government spends more, you pay.

Change in My Monthly Expenses



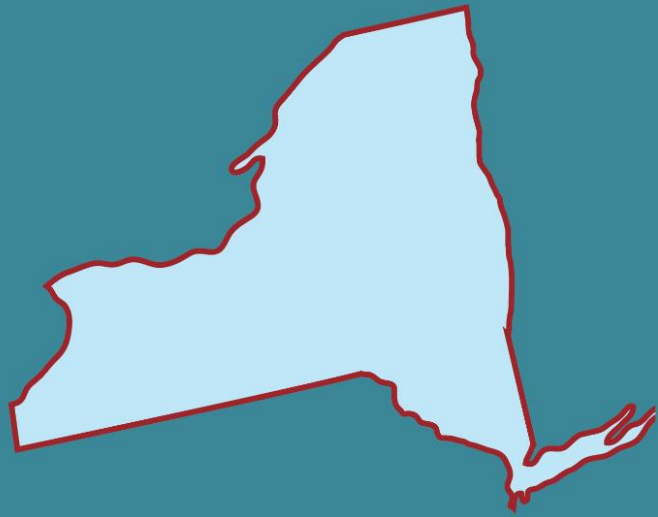
Source: Bureau of Labor Statistics, Consumer Price Index
Find your personal rate at myinflation.com

heritage.org



Learn more at MyInflation.com

heritage.org



NEW YORK – DISTRICT 24

Typical Household

Annual Expenses
\$85,200

\$1,307

MONTHLY COST OF LIVING INCREASE*

*Since January 2021

Increased Annual Expenses

↑ \$15,684 (22.6%) Total Expenses

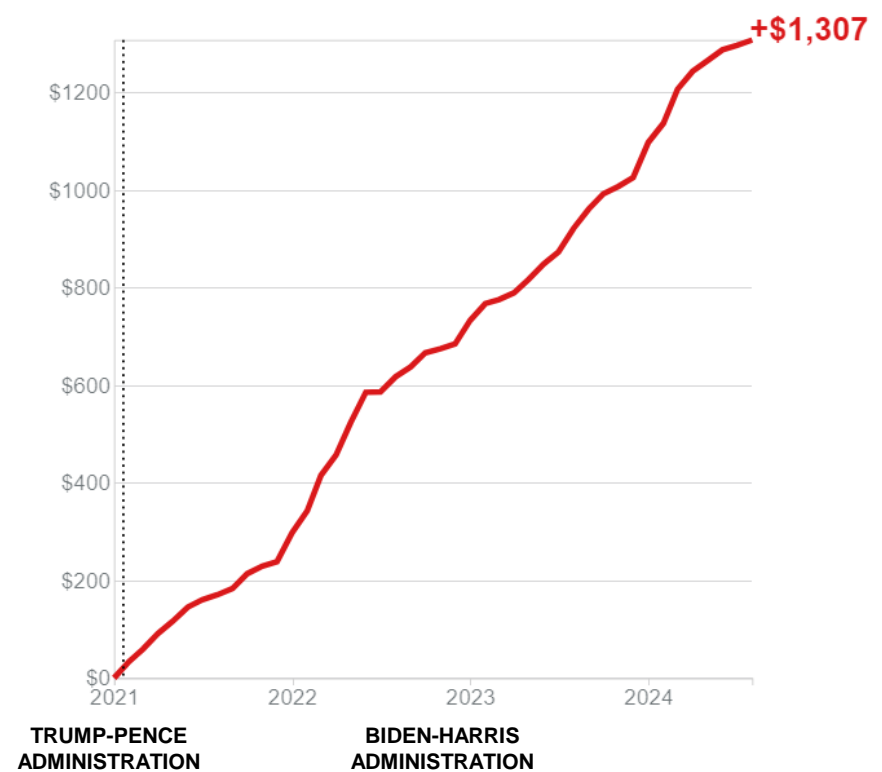
↑ \$4,572 (18.5%) for Rent/Mortgage

↑ \$1,164 (19.3%) for Groceries

↑ \$612 (40.0%) for Gasoline

When the government spends more, you pay.

Change in My Monthly Expenses



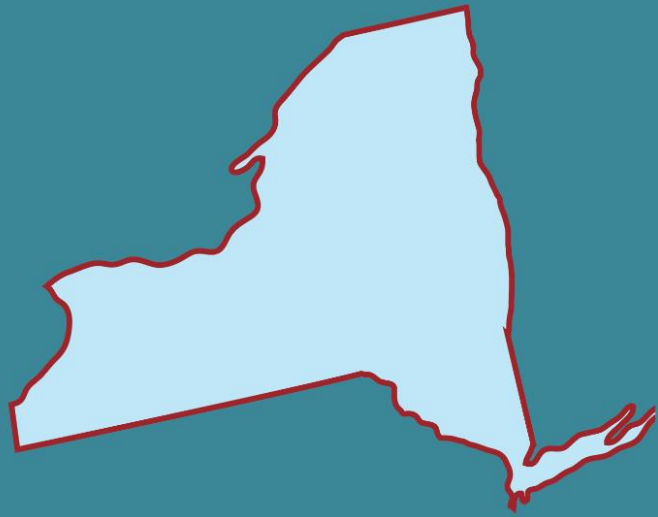
Source: Bureau of Labor Statistics, Consumer Price Index
Find your personal rate at myinflation.com

heritage.org



Learn more at
[MyInflation.com](https://myinflation.com)

heritage.org



NEW YORK – DISTRICT 25

Typical Household

Annual Expenses
\$87,540

\$1,343

MONTHLY COST OF LIVING INCREASE*

*Since January 2021

Increased Annual Expenses

↑ \$16,116 (22.6%) Total Expenses

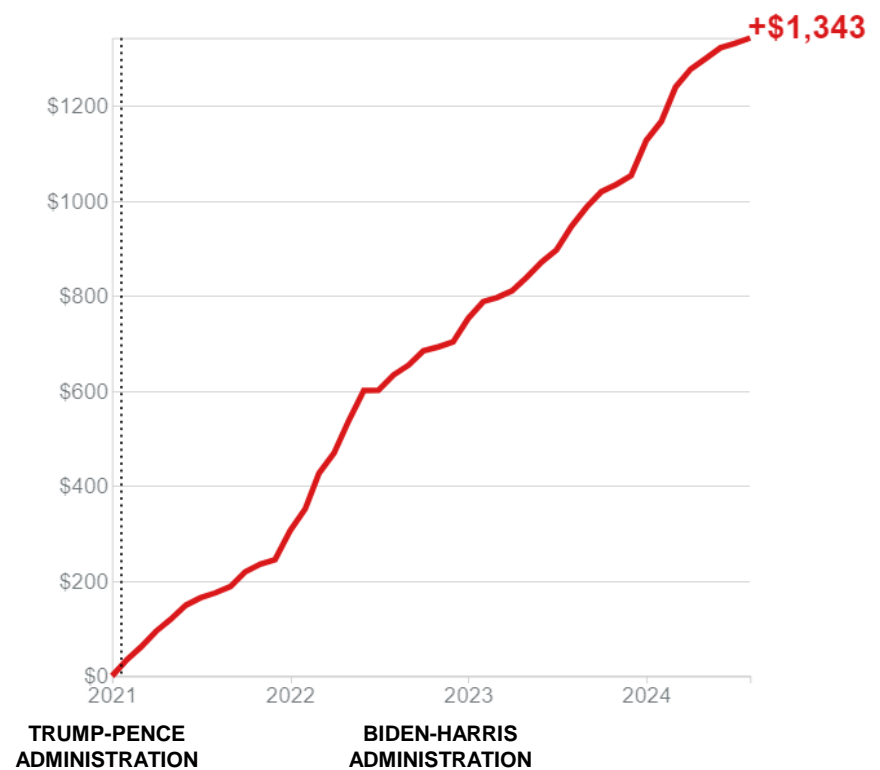
↑ \$4,692 (18.5%) for Rent/Mortgage

↑ \$1,200 (19.3%) for Groceries

↑ \$636 (40.0%) for Gasoline

When the government spends more, you pay.

Change in My Monthly Expenses



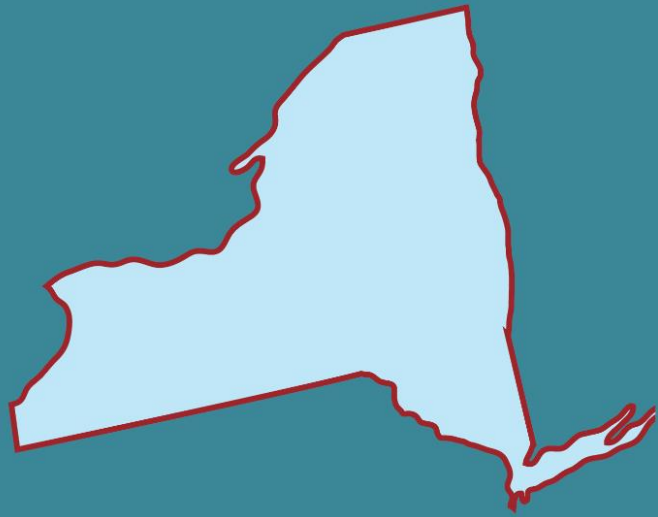
Source: Bureau of Labor Statistics, Consumer Price Index
Find your personal rate at myinflation.com

heritage.org



Learn more at
[MyInflation.com](https://myinflation.com)

heritage.org



NEW YORK – DISTRICT 26

Typical Household

Annual Expenses
\$83,220

\$1,279

MONTHLY COST OF LIVING INCREASE*

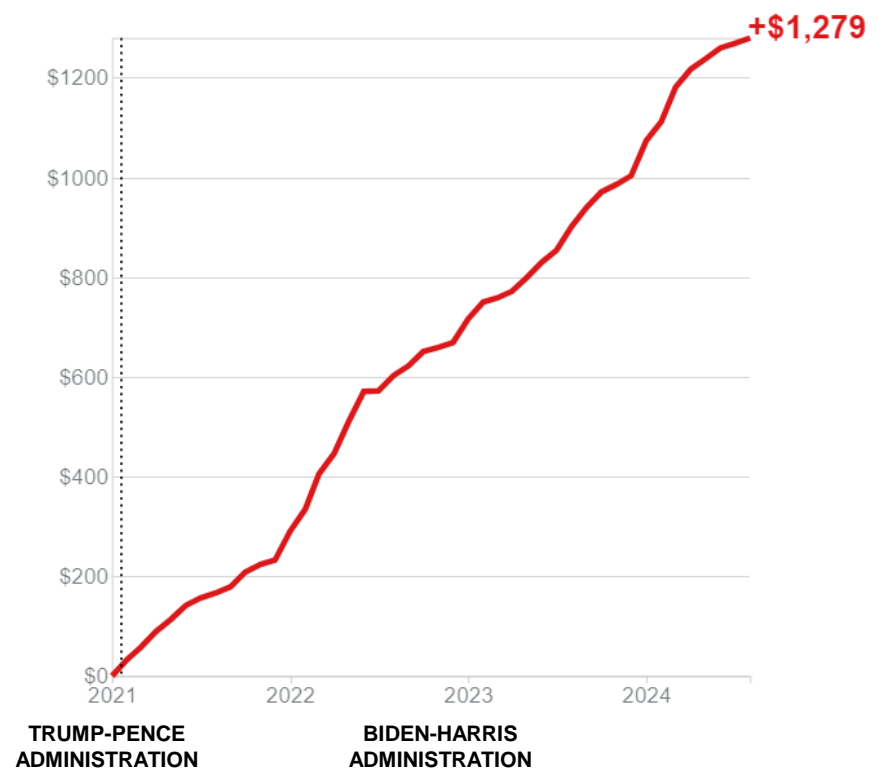
*Since January 2021

Increased Annual Expenses

- ↑ \$15,348 (22.6%) Total Expenses
- ↑ \$4,464 (18.5%) for Rent/Mortgage
- ↑ \$1,140 (19.3%) for Groceries
- ↑ \$600 (40.0%) for Gasoline

When the government spends more, you pay.

Change in My Monthly Expenses



Source: Bureau of Labor Statistics, Consumer Price Index
Find your personal rate at myinflation.com

heritage.org



Learn more at
[MyInflation.com](https://myinflation.com)

heritage.org